

2026

NATIONAL RECOVERY MONTH

Resources for Faith Communities

Recovery Month 2026

Every September, National Recovery Month is observed to raise awareness that substance use, and mental health disorders are treatable, and that recovery is possible. The month also encourages people to seek help and work to reduce stigma. In communities of faith, houses of worship and faith-based entities of every tradition and size, leaders have the opportunity to remind the people in their communities that support is available and recovery is possible. Recovery Month is our moment to share these reminders and celebrate people in recovery.

This year's theme, **Recovery is REAL (Restoring Every Aspect of Life)**, is a call to do what faith communities do best: listen, offer compassion, and walk alongside people in difficult moments.

Materials and Resources

Use the materials below throughout the month, or any time someone in your community needs them. Wherever and whenever you share, use #RecoveryMonth2026 and #FaithAndRecovery to connect with faith communities doing the same work across the country.

Below you will find:

- Recovery Month Announcement
- Talking Points
- A Guide on How to Start a Conversation with Community Members
- Social Media Posts
- Hashtags: **#RecoveryMonth2026 #FaithAndRecovery**



FAITH. HOPE. HEALING.

Recovery Month Announcement

Read aloud during a service, meeting, or community gathering, or adapt for your website or email blasts to members and partners.

September is Recovery Month

September is recognized as National Recovery Month. This year's theme, Recovery is REAL (Restoring Every Aspect of Life), which reminds us that recovery is possible, can take many paths, and that the stories of people in recovery can be a powerful tool in reducing stigma and creating a sense of community and purpose.

If you or someone you know needs support:

988 Suicide and Crisis Lifeline

If you or someone you know is experiencing a mental health or substance use crisis, or having thoughts of suicide, call, text, or chat: 988.

[Call, text or chat 988](https://988lifeline.org/)



FindTreatment.gov

Access a comprehensive list of certified substance use and mental health treatment facilities across the United States and U.S. Territories. This is a confidential and anonymous resource.

[Findtreatment.gov](https://findtreatment.gov/)



FindSupport.gov

Find health care, support, and resources for issues with mental health, drugs, or alcohol. Explore information about how to ask for help, different types of treatment, how to make an appointment, and more.

[Findsupport.gov](https://findsupport.gov/)



Mental Health & Substance Use Helplines

If you're in crisis or need help finding treatment near you, someone is available to talk 24/7.

samhsa.gov/find-help/helplines



Whether we share resources, encourage others to seek help, or simply show up for someone in a difficult time, we help instill hope. Talking about substance use recovery and mental health promotes acceptance and encourages people to seek help.

Talking Points

Three focused sets of talking points aligned with Recovery Month 2026 weekly themes. Use them in sermons, small groups, community conversations, or one-on-one.

1. Recovery happens together

- When faith communities open their doors to individuals and offer recovery support, they become powerful partners in healing.
- Research shows that meaningful human connection rewires the brain for resilience, hope, and sustainable sobriety. Faith communities are a powerful source of connection.
- No matter where you are or what you're going through, call, text, or chat 988. Skilled, caring counselors are available any time.

2. Reducing stigma through storytelling

- Every conversation, prayer, support group, and act of kindness can make a difference in helping someone feel seen and accepted on their recovery journey. Faith leaders, trusted elders, and other members of the faith community play a strong role in providing a listening ear and support when someone chooses to talk about their substance use or mental health condition.
- The way we talk about substance use and mental health conditions in our faith communities shapes whether people feel safe enough to ask for help. Recovery thrives when people's stories are met with compassion and they feel safe to ask for help.
- Find health care, support, and resources for issues with mental health, drugs, or alcohol at [FindSupport.gov](https://www.findsupport.gov).

3. Health and wellbeing in recovery

- A faith community can be part of a holistic, healthy, fulfilling life for people in recovery.
- When someone you love is living with a substance use disorder, steady presence and compassion matter most.
- Maintaining healthy boundaries protects both you and your loved one.
- Help is available for "the helpers." Seeking support when you need it helps you show up for others –whether you're a faith leader, counselor, peer supporter or other member of the community supporting people in recovery.
- There is always help and there is always hope. Find certified treatment facilities at [FindTreatment.gov](https://www.findtreatment.gov).

How to start a conversation about recovery

Sometimes the hardest part for people is knowing how to ask for help and begin their recovery journey. These five questions are simple, gentle, and open-ended. You do not need to be a counselor to use them. You just need to care.

“How are you really doing?”

Give them space to answer honestly. Sometimes people are waiting for someone to ask.

“I noticed you seem like you have had a lot on your mind. Do you want to talk?”

Naming what you have observed shows you are paying attention. That alone can mean everything.

“Is there anything I can do to support you right now?”

Offering something specific is more powerful than a general “Let me know if you need anything.”

“Have you been able to talk to anyone about what you are going through?”

This opens the door to professional support without pressure or judgment.

“Would it be okay if I shared some resources that might help?”

Always ask before offering. Asking shows respect for where they are.

A few things to remember

- Listen calmly and thank the person for sharing. You do not need to have answers.
- Do not try to fix or minimize what they are feeling. Encourage help-seeking without judgment.
- Follow up after the conversation. Checking in again shows you meant it.
- If you are worried about someone's safety, do not wait. Call, text, or chat: 988.

Help is here

[Call, text or chat 988](#) | In crisis? Call, text, or chat 988. Free, confidential, available 24/7.

[FindSupport.gov](#) | Find care and support for mental health, drugs, or alcohol.

[FindTreatment.gov](#) | Locate certified treatment facilities. Confidential and anonymous.

National Recovery Month Faith Toolkit

SAMHSA has social media posts ready to use for Recovery Month. View the full toolkit for all posts and graphics.



Find the complete social media toolkit:

<https://www.samhsa.gov/about/digital-toolkits/recovery-month>

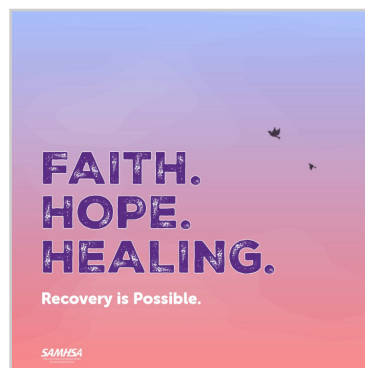
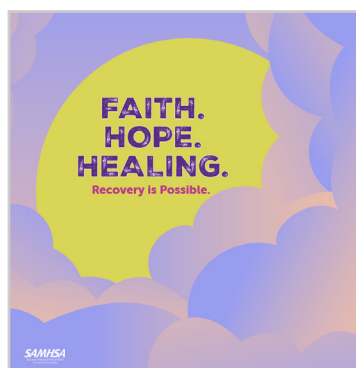


Hashtags

Join faith-based entities, community organizations, houses of worship, treatment providers, people in recovery and family members across the country during Recovery Month by using these hashtags in your social media posts:

#RecoveryMonth2026

#FaithAndRecovery



SAMHSA's faith and community engagement work directly advances the goals of the Great American Recovery Initiative by strengthening the community networks and trusted voices that help individuals and families find pathways to hope, healing, and recovery.

Learn more:

<https://www.samhsa.gov/communities/faith-based-community-engagement>

SAMHSA
Substance Abuse and Mental Health
Services Administration